

Lus Qhia Txog Mercury Uas Muaj Nyob Hauv Ntses • •

Txhom ntses mas lom zem thiab nws kuj yog ib Yam zoo noj. Ntses yog ib Yam khoom noj uas Zoo rau yus lub cev - muaj protein ntau thiab muaj cov rog tsawg. Tiam sis yog noj ntau dhau kuj Yuav tsis Zoo rau yus thiab. Tag nrho ntses mas muaj mercury nyob hauv. Kev noj cov ntses uas muaj mercury ntau dhau Yuav muaj teeb meem rau koj thiab koj tus me nyuam kev noj qab haus huv.

Yij Meem Noj Ntses • • • • • • • • •

Qhov Zoo los ntawm kev noj ntses muaj ntau dua qhov tsis Zoo yog koj ua raws li cov lus qhia nram qab no.

Daim ntawv qhia no Yuav pab koj:

- txiat txim seb Yuav noj hor ntses twg,
- xyuas seb Yuav noj ntses heev npaum li cas, thiab
- paub cov ntses uas muaj mercury ntau nyob hauv.

Mercury • • • • • • • • •

Ib qho mercury me me xwb Yuav muaj peev xwm ua kom lub hlwb uas tseem tab tom pib loj hlob ntawd puas tsuaj tau. Li no cov me nyuam uas tseem yau, cov me nyuam uas tseem nyob hauv niam plab thiab cov me nyuam uas noj niam mis yog cov Yuav raug ntau tshaj. Yog tau cov mercury ntau dhau Yuav muaj teeb meem rau ib tug me nyuam nws kev coj tus cwj pwm thiab kev kawm hauv nws lub neej yav pes suab. Mercury tseem ua tau kom muaj kev puas tsuaj rau cov me nyuam uas twb loj lawm thiab cov laus. Cov me nyuam loj lawm thiab cov laus Yuav muaj cov tsos mob xws li loog loog thiab rhiab, nco qab tsis meej, thiab tsis tshua pom kev Zoo tom qab tau raug mercury lawm. Kev tshawb nrhiav tsis ntev los no nyob teb chaws Europe tau muab mercury txuas rau cov kev pauv ntawm kev mob plawv thiab ntshaw siab. Mercury muaj tau los ntawm yam uas ib txwm xeeb muaj los ntawm ntuj tsim teb raug thiab yam uas yog tib neeg tsim lawm. Mercury hauv tej pa Yuav ya mus rau hauv tej pas dej thiab cov niam dej. Ces nws Yuav txoos ua ke nyob rau hauv cov ntses. Tag nrho cov ntses muaj ib co mercury, yog:

- * cov ntses uas txhom tau hauv Wisconsin cov pas dej thiab cov niam dej,
- * cov ntses uas txhom tau hauv cov dej nyob hauv lwm lub xeev, thiab
- * cov ntses uas koj Yuav tom khw los sis noj hauv khw noj mov

Tiam sis, koj Yuav tsis pom, tsis hnov tsw los sis saj tsis tau mercury hauv cov ntses. Li no nws thiay yog ib qho tseem ceeb uas Yuav tau paub seb cov ntses twg yog cov noj tau thiab cov twg yog cov noj tsis tau.

Cov Ntses Twg yog cov uas Yuav Muaj Mercury Ntau

Dua? • • • • • • • • • • •

- * cov ntses loj dua
- * cov ntses uas laus dua
- * cov ntses uas noj lwm cov ntses (walleye, northern, bass)

Peb Muab Hlais Tawm los sis Ntxuav los sis Muab Tus Ntses Ua Noj Kom Tshem Tau Cov Mercury Tawm Tsis Tau Los? • • • • •

Tsis tau, cov mercury nyob rau hauv cov nqaj lawm. Tiam sis, yog tias tshem cov rog thaum uas koj muab ntxuav thiab ua tus ntses noj, koj Yuav pab t xo tau lwm Yam kab mob uas Yuav muaj tau xws li PCBs.

Ib Plus Noj Yog Ntau Npaum Li Cas? • • • • •

Ib plus noj mas yog muab ib nrab phaus ntawm tus ntses ua ntej Yuav muab ua noj rau ib tug neeg uas muaj 150 phaus. Cov plus noj rau cov neeg uas tsis hnyav npaum li ntawd Yuav muab t xo tau kom raws li no (piv txvv li, ¼ phaus thaum uas tsis tau ua siav rau ib tug neeg uas muaj 75 phaus).

Puas Yog Kuv Yuav Tau Tso Tseg Tsis Txob Noj Ntses Ntxiv Lawm? • • • • •

Tsis yog li...tsuas nco ntsoov ua raws li cov lus qhia nyob rau hauv claim ntawv no.

Cov Lus Qhia Ntxiv.

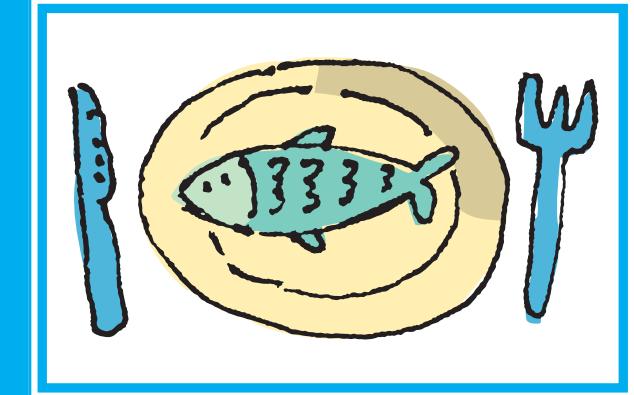
Cov no yog cov lus qhia dav dav raws li qhov uas tau ntsuas seb muaj mercury ntau npaum li cas nyob hauv cov ntses thoob hauv lub xeev Wisconsin thiab seb muaj mercury ntau npaum li cas nyob hauv cov ntses uas coj mus muag xwb. Tseem muaj ib cov lus qhia meej ntxiv txog ib cov ntses los hauv Wisconsin cov pas dej thiab cov niam dej los uas twb tau muab los sim paub lawm.

Yog xav tau cov lus qhia txog mercury thiab lwm cov kab mob hauv Wisconsin cov ntses uas nuy tau los, saib hauv phau ntawv uas qhia tag nrho txog txoj kev noj ntses. Phau ntawv no muaj nyob rau ntawm Department of Natural Resources [DNR] qhov chaw ua hauj lwm, koj qhov chaw pab cuam kev noj qab haus huv, los sis hauv web ntawm dnr.wi.gov/fish/consumption. Koj Yuav nrhiav tau cov lus qhia ntxiv yog tias mus saib cov websites no: epa.gov/fish; dhfs.wi.gov/eh/fish/; and fda.gov.

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(KHO DUA. 07/08)

Daim Ntawv Qhia Rau Tsev Neeg Txog Kev Noj Ntses



**Cov lus qhia txog kev noj ntses
kom tsis muaj mob rau cov ntses
los hauv Wisconsin cov pas dej,
cov pas hawv, thiab cov niam
dej thiab rau cov ntses uas Yuav
hauv cov khw noj mov thiab cov
khw Yuav khoom noj.**

Wisconsin Department of Health Services and
Wisconsin Department of Natural Resources

COV LUS QHIA TXOG KEY NOJ NTSES KOM TSIS MUAJ MOB rau cov poj niam cev xeeb tub, yuav npaj xeeb tub, los sis pub niam mis rau me nyuam thiab rau cov me nyuam 15 xyoos rov hau.

Rau feem ntawm Wisconsin cov dej uas nyob hauv plawv av (tsis yog cov Pas Dej Loj (Great Lakes).)*

2 pluas noj ib LIS PIAM twg |  Atlantic or Pacific Salmon (not Great Lakes), farm-raised catfish, shrimp, pollock, and other purchased fish low in mercury.

LOS SIS

1 pluas noj ib LIS PIAM twg |  Canned "light" tuna. Wisconsin panfish including bluegill, sunfish, crappies, and yellow perch. Also, bullheads, and inland trout.*

1 pluas noj ib HLIS twg | 

Canned "white" tuna (6 oz.), tuna steaks, and halibut. Wisconsin gamefish including walleye, pike, bass, catfish, and any other Wisconsin species*.

TSIS TXHOB NOJ

 COV SWORDFISH, SHARK, KING MACKEREL, TILEFISH, OR WISCONSIN MUSKIE

COV LUS QHIA TXOG KEY RUAJ NTSEG NTAWM KEV NOJ rau cov txiv neej thiab cov poj niam uas dhuu lub sij hawn cev tsis xeeb tub lawm.

Tsis txwv li* – Wisconsin panfish, bullheads, and inland trout. Also, farm-raised catfish, shrimp, pollock, canned "light" tuna, Pacific or Atlantic salmon (not Great Lakes), and other purchased fish low in mercury.

1 pluas noj ib lis piam twg* – Wisconsin gamefish and any other Wisconsin species. Also, canned "white" tuna, tuna steaks, and halibut.

1 plusa noj ib hlis twg – Shark, swordfish, king mackerel, tilefish, and Wisconsin muskie.

*Nyob rau tej co dej, uas pom tias muaj mercury ntawm, yuav tau muaj kev txwv ntawm. Thov mus sail peb lub website ntawm cev uas nyob ze ntawm koj. los sis hu rau koj qhov chaw sailb xyuas kev kai huv ntawm cev uas nyob ze ntawm koj.



Ntawm mas nws zoo rau koj. Noj cov ntses uas muaj mercury tsawg!



Yog xav paub ntixv txog kev yuav ntawm, mus saib ntawm FDA lub website ntawm www.fda.gov

COV NTSES KOJ TXHOM HAUW WISCONSIN PANFISH	MUAJ MERCURY NTAWM NPAAUM CAS	COV NTSES KOJ YUAV COMMERCIAL FISH	COV NTSES KOJ YUAV COMMERCIAL FISH	COV NTSES UAS NUV TAU COMMERCIAL FISH	COV NTSES UAS NUV TAU COMMERCIAL FISH	COV NTSES UAS NUV TAU COMMERCIAL FISH
BLUEGILL	YELLOW PERCH	SHRIMP	SALMON	LARGEMOUTH BASS	HALIBUT	SWORDFISH
BLACK CRAPPIE	WHITE CRAPPIE	POLLOCK	WALLEYE	NORTHERN PIKE	CANNED "WHITE" TUNA	SHARK
						TILEFISH

Ib co ntses nyu tau es muab teev los saud yuav muaj mercury NTAU HEEV nyob ntawm seb tau ntawm Lub PAS DEJ twg los.

